



Can Trump be on the ballot in 2024? It can hinge on the meaning of 'insurrection'

By NICHOLAS RICCIARDI
and CHRISTINE FERNANDO
Associated Press

DENVER (AP)—Can former President Donald Trump run for his old job again after his role in the Jan. 6, 2021, attack on the U.S. Capitol? The answer may depend on the definition of insurrection.

Liberal groups have filed lawsuits in Colorado, Minnesota and other states to bar Trump from the ballot, citing a rarely used constitutional prohibition against holding office for those who swore an oath to uphold the Constitution but then "engaged in insurrection" against it. The two-sentence clause in the 14th Amendment has been used only a handful of times since the years after the Civil War.

Because of that, there's almost no case law defining its terms, including what would constitute an "insurrection."

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Minnesota Supreme Court Chief Justice Natalie Hudson questions Ronald Fein, attorney for the petitioner, "Free Speech for People," as he argues his case before the court Thursday, Nov. 2, 2023, in St. Paul, Minn.

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Aruban snacks and where to find them



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Can Trump be on the ballot in 2024? It can hinge on the meaning of 'insurrection'

Continued from Front

While people have argued about whether to call Jan. 6 an insurrection ever since the days following the attack, the debate in court this week has been different — whether those who ratified the amendment in 1868 would call it one.

"There's this very public fight, in all these colloquial terms, about whether it's an insurrection, but it really comes down to brass tacks defining what this constitutional term means," said Derek Muller, a Notre Dame law professor who's followed the litigation closely. There are a myriad of other legal reasons why the long-shot legal bids to bar the former president and current Republican primary frontrunner from the ballot could fail, from limits on the role of state courts to whether Section Three applies to the president. But perhaps none resonate like the debate over whether the Jan. 6 attack should be considered an insurrection in the first place.

In a hearing Thursday before the Minnesota Supreme Court, the question was part of the reason the justices seemed skeptical that states have the authority to throw Trump off the ballot.

"What does it mean in your estimation to have engaged in insurrection or rebellion against the Constitution?" Justice Gordon Moore asked the lawyers for each side.

Nicholas Nelson, representing Trump, defined an insurrection as "some sort of organized form of warfare or violence ... that is oriented toward breaking away from or overthrowing the United States government." He added that nothing in the past 50 years met that criteria.

Ronald Fein, an attorney for the group Free Speech For People, which is representing the petitioners, said an insurrection against the Constitution is "a concerted, forcible effort to prevent or obstruct execution



Insurrections loyal to President Donald Trump rally at the U.S. Capitol in Washington on Jan. 6, 2021.
Associated Press

of a central Constitutional function," which he said closely describes Trump's actions surrounding the January 2021 assault on the Capitol, an attack that was intended to halt certification of Democrat Joe Biden's election win.

"Insurrection might be in the eye of the beholder," Minnesota Supreme Court Chief Justice Natalie Hudson concluded after statements from both sides.

A day earlier, an Indiana University law professor, Gerard Magliocca, sat in a Denver courtroom and described his research into Section Three, a subject few had delved into before he started looking into it in late 2020.

Magliocca dug into dictionary definitions of insurrection from 150 years ago — one was "the rising of people in arms against their government, or against a portion of it, or against a portion or one of its laws."

He found an opinion from the U.S. attorney general in 1867 that former Confederates should be barred from certain offices even if they simply bought bonds in the rebel government. He also found instances where Congress refused to seat elected representatives

whose only violation was writing a letter to the editor backing the confederate cause or paying a son \$100 to help cover his costs to join the confederate army. Congress also passed a law in 1862 making insurrection a crime that used different language. Some critics of the Section Three lawsuits have noted that out of the thousands of charges filed by the federal government related to Jan. 6, no one has been charged with the crime of insurrection — though several far-right extremists have been convicted of seditious conspiracy.

Magliocca noted that constitutional language is different than far more technical and detailed criminal statutes, and Section Three says nothing about the person barred from office having to be first convicted of a crime. Indeed, Magliocca testified it was understood the goal of the provision was to keep a wide range of former Confederates out of public office in the years after the war.

In 1872, Congress lifted the ban for most former Confederates, something it's explicitly able to do under the terms of Section Three. On Friday in the Colorado

hearing, Trump's lawyers put on their own constitutional expert, Robert Delahunt, to note that some of Magliocca's definitions were contradictory. Some required the use of "arms" in insurrection while others did not. Delahunt, a retired law professor who is a fellow at the conservative Claremont Institute, said the more important question is the unique requirement in Section Three that it be an insurrection against the Constitution.

"What really needs to be explicated is not the plain vanilla meaning of insurrection but the whole phrase — insurrection against the United States Constitution," Delahunt testified on Friday. The lawyers seeking to disqualify Trump in Colorado noted that even the former president's own attorney in his impeachment trial for the Jan. 6 attack described it as an insurrection. "The question before us is not whether there was a violent insurrection of the Capitol — on that point everyone agrees," Trump attorney Michael van der Veen said during the impeachment proceedings in the Senate.

Legal scholars were able to find just one example of the

amendment being used in the last century, when it was cited to deny a seat in the House of Representatives to an anti-war socialist elected after World War I. Following the Jan. 6 attack, however, it's become more common. Free Speech For People unsuccessfully tried to use it to block Republican Rep. Marjorie Taylor Green from the ballot last year and also targeted former Republican Rep. Madison Cawthorn, though the issue became moot when he lost his GOP primary.

Another liberal group, Citizens for Reforming Ethics in Washington, successfully used Section Three to block from office a rural New Mexico county commissioner after he was convicted in federal court of a misdemeanor for entering the Capitol grounds during the attack. CREW is the group that organized the Colorado case, where testimony is scheduled to wrap up Friday.

During a hearing in that case Thursday, Trump's lawyers tried to show that many who attended the Jan. 6 protests were law-abiding, peaceful people. Tom Bjorklund, treasurer of the Colorado Republican Party, wandered the National Mall that day and approached the Capitol, but said he turned back after seeing tear gas and vandalism.

Bjorklund contended that "antifa" was likely to blame for the violence — a false narrative that has been debunked by research showing the crowd was comprised overwhelmingly of Trump supporters. He said he spotted people who seemed like agent provocateurs in the crowd and said he wanted to testify to make a statement.

"I don't think there was any kind of insurrection — I think it's a ridiculous narrative," Bjorklund said. "I just felt like it's kind of an insult to insurrectionists around the world. Republicans just mad about an election hardly rises to the level of an insurrection." □

The White House Historical Association is opening a technology-driven educational center in 2024

By DARLENE SUPERVILLE

Associated Press

WASHINGTON (AP) — A White House tour is practically a must-do when visiting Washington, but the experience can leave some guests wondering about spaces they didn't get to see, like the Oval Office. The White House Historical Association hopes to provide answers to some of those questions when it opens The People's House: A White House Experience, in the fall of 2024.

Situated on three floors of a building a block from the White House at Pennsylvania Avenue and 17th Street, the \$30 million educational center will use cutting-edge technology to teach the public about the storied executive mansion and its history.

"This will be a technology-rich, immersive experience where you will actually go into spaces and, due to the miracles of modern technology, those spaces will become White House rooms around you," Stewart McLaurin, the association's president, told The Associated Press before the project was announced to the public on Friday.

The center will feature a large cutaway model of the White House with rooms that, with the help of technology, can morph into the Green Room, the Blue



Restored furniture in the Blue Room of the White House in Washington. Is seen on Sept. 17, 2019.

Associated Press

Room or the Red Room. A full-scale replica of the Oval Office will reflect the incumbent president's decor. A recreation of the Rose Garden will offer the experience of strolling through its blooms.

Upstairs galleries will allow visitors to experience the Cabinet Room, the State Dining Room and the movie theater. Another gallery will teach about the many unseen people — ushers, chefs, florists, butlers, housekeepers, electricians, plumbers, carpenters — who care for the White House and keep it functioning in its multiple roles

as a home for the president and his family, an office for the president and his staff, a ceremonial stage and a museum.

People will also learn about the slave labor that went into building the White House.

McLaurin said The People's House is meant to be a free enhancement for people who tour the White House, but it also will be an option for those who are unable to land a tour ticket.

"When you have a tour of the White House, as wonderful as that is, because it is a working home and office, those are rather lim-

ited and you go through and you see the spaces and you have the experience of being there," he said. "But you're not able to linger there to really understand what happened in this space." Plans for the The People's House were revealed to donors attending the association's premiere fundraising gala at the Metropolitan Museum of Art in New York on Thursday. First lady Jill Biden praised the project before the crowd at the private event, which was also attended by actors Michael Douglas and Martin Sheen. Both have played

presidents on TV and film.

"At its core, this project is about education," she said. "Teaching our students about our country's origins, bringing to life the countless people who shaped it and who made the White House into the beating heart of our democracy."

"As an educator, I believe that our present and our future are inextricably linked to our past," she continued. "And when we learn from the past, we come away changed, not just better informed, but with a deeper understanding of the responsibility we hold as citizens of this country, a responsibility to each other, to our democracy and to upholding our freedoms."

"I think that's needed now more than ever, at a time when our institutions are increasingly under attack, and some of our leaders seem intent on burying our history," Biden added.

The center will be open seven days a week, McLaurin said. The association is privately funded so "people can come to our experience even if the government has to close for whatever situation arises," he said.

About 500,000 people visit the White House yearly, McLaurin said. He said he hopes the new center will attract even more visitors than that. □

Fall back: How daylight saving time can seriously affect your health

By CLAIRE SAVAGE and ME-LISSA PEREZ WINDER
Associated Press/Report for America

CHICAGO (AP) — Brunch dates and flag football games might be a little easier to get to this Sunday, when phones grace early-risers with an extra hour of rest before alarm clocks go off. The downside: Next week across most of the U.S., the sun will set well before many folks step foot out of the office, leaving them to run errands or take walks

in utter darkness. Come Nov. 5, daylight saving time is out and standard time is in, and will last until March 10.

No need to wait till the midnight hour to prepare for the time change that clocks in early Sunday, when 2 a.m. becomes 1 a.m. Before bed beckons Saturday night, rewind the clock on the microwave, oven, car, or any other device not yet clever enough to make the leap on its own.

Besides scheduling stumbles

and sleep habit disruptions, experts say the twice-yearly ritual can have more serious effects on human health.

Many Americans are already sleep-deprived, and a change in time messes with sleep schedules even more, says Dr. Phyllis Zee, a sleep researcher at Northwestern Medicine in Chicago, although she says "falling back" and gaining an extra hour is generally easier on the body than "springing forward" and losing one. Chronic sleep deprivation

Fall back

AP

Daylight saving ends at 2 a.m. Sunday. Before bed on Saturday, set your clocks back one hour.



Time to set clocks back an hour for a return to standard time across most of the U.S.

Associated Press

can increase levels of stress hormones that boost heart rate and blood pressure, and of chemicals that trigger inflammation, research suggests. □

Millions of dollars of psychedelic mushrooms seized in a Connecticut bust

By DAVE COLLINS

Associated Press

Law enforcement officials came across a staggering find after being tipped off about possible drug-dealing: dozens of dog-food-size bags of psychedelic mushrooms worth an estimated \$8.5 million at a home in rural Connecticut. A drug task force including federal, state and local authorities raided the property Thursday in Burlington, about 20 miles (32 kilometers) west of Hartford, and charged a 21-year-old man with operating a drug factory and possession with intent to sell/distribute narcotics.

The bust came as two states and several cities in the U.S. have decriminalized psychedelic mushrooms and their active ingredient, psilocybin, which along with other psychedelics have emerged as an alternative treatment for post-traumatic stress disorder and other mental illnesses. About 20 other states have active legislation on changing laws on psychedelic drugs, according to Psychedelic Alpha, a group that tracks such legislation. In Connecticut, an attempt this year to decriminalize possession of small amounts of psilocybin died in the state Senate.



This photo, released by the Connecticut State Police, shows bags of psychedelic mushrooms removed from a home in Burlington, CT, Thursday, Nov. 2, 2023.

Associated Press

Authorities said they received a tip that the resident of the Burlington home was operating a psilocybin mushroom growing operation. Federal, state and local law enforcement officials went to the property Thursday morning and said they saw ventilation equipment on the home that was consistent with items used in "clandestine laboratories."

The man who was later arrested was at the home, and he showed them a detached garage where po-

lice said they saw a large mushroom growing operation. The man, however, said the mushrooms were not illegal. He also declined to consent to a search of the home. Authorities then got a search warrant and found what they called psilocybin-containing mushrooms in various stages of growth.

State police released photos showing dozens of bags allegedly containing mushrooms lined up outside the home as well as stacked on metal shelving through-

out the home's interior. The photos also show portable ventilators and other equipment.

After police entered the home with the warrant, the man "admitted to investigators that the mushrooms were in fact psilocybin, which is a Schedule 1 controlled substance," state police said in a statement. "A Schedule 1 controlled substance is defined as drugs, substances and chemicals that are not currently accepted for medical use and have a high

potential for abuse."

The man posted \$250,000 bail and was ordered to appear in state court in New Britain on Nov. 16. Contact information for him could not be found in public records, and court records did not list a lawyer for him. Phone numbers listed in public records for several potential relatives of the man were no longer in service.

Oregon voters approved decriminalizing small amounts of psychedelics in 2020, and separately were the first to approve the supervised use of psilocybin in a therapeutic setting. Two years later, Colorado voters passed a ballot measure to decriminalize psychedelic mushrooms and to create state-regulated centers where participants can experience the drug under supervision.

The federal Food and Drug Administration designated psilocybin as a "breakthrough therapy" for treatment-resistant depression in 2019 and recently published a draft guideline on using psychedelics in clinical trials. There has also been a shift in public opinion in support of therapeutic use of psychedelics, including military veterans with trauma and other illnesses. □



This undated photo provided by Leidos shows that company's retired CEO Roger Krone, who was named Friday, Nov. 3, 2023, as the new president of the Boy Scouts of America.

Associated Press

By MARK THIESSEN

Associated Press

The new president of the Boy Scouts of America plans to reverse the trend of declining membership

and improve safety programs as the organization emerges from bankruptcy following a sexual abuse scandal.

Roger Krone, a retired busi-

Retired businessman will lead Boy Scouts of America as it emerges from scandal-driven bankruptcy

nessman and Eagle Scout, was named Friday as the new chief executive of the 113-year-old youth organization, replacing the retiring Roger Mosby as the top administrator.

A federal judge in March upheld the \$2.4 billion bankruptcy plan for the Irving, Texas-based organization, which allowed it to keep operating while compensating more than 80,000 men who filed claims saying they were sexually abused while in scouting. The trust recently began paying claimants

who elected an expedited amount of \$3,500, the organization said in an email to The Associated Press. Others must complete questionnaires and submit supporting documentation, and only a few payments have been made in that process.

"Scouting is safer today than it ever has been," Krone told AP by telephone from his home in Annapolis, Maryland. Measures previously taken to assure parents their children are safe include training for adults and making sure a Scout is

never alone with only one adult.

"And under my leadership, we will continue to evolve and improve our program so that we have the safest youth program that we can possibly have," he said. Krone recently retired as president of Leidos, a \$15 billion defense, aviation and information technology company based in Virginia. With an extensive background in engineering and aerospace, he previously served as president of the network and space systems at Boeing Co. □

Storm Ciarán brings record rainfall to Italy with at least 6 killed

By COLLEEN BARRY
Associated Press

MILAN (AP) — Record-breaking rain produced floods in a vast swath of Italy's Tuscany region as Storm Ciarán pushed into the country overnight, trapping residents in their homes, inundating hospitals and overturning cars. At least six people in Italy and one person in Albania were killed on Friday, bringing the storm's death toll to 14 across Europe this week. Throughout the day, the storm brought more death and destruction as it moved eastward across the continent. In Albania, police said a motorist died when he lost control while driving a car, which slid and hit barriers. Many roads in the country were flooded, including in the capital, Tirana.

Huge waves pummeled the Adriatic shores of the Balkans, and strong winds uprooted trees and ripped off roofs. Ferries connecting Croatia's islands with the coastline were halted. Italian Civil Protection authorities said that 200 millimeters (nearly eight inches) of rain fell in a three-hour period, from the coastal city of Livorno to the inland valley of Mugello, and caused riverbanks to overflow. Video showed at least a dozen cars getting swept away down a flooded road.

Tuscany Gov. Eugenio



A man makes his way on a flooded street in Campi di Bisenzio, in the central Italian Tuscany region, Friday, Nov. 3, 2023.

Giani said that six people died in the storm, which dumped an amount of rainfall not recorded in the last 100 years. "There was a wave of water bombs without precedence," Giani told Italian news channel Sky TG24. Climate scientists say human-induced climate change has led to heavier rainfall during storms like Ciarán, often resulting in more severe damage. "If the conditions are different than 20 years ago, it is obvious to everyone," Nello Musumeci, the government's minister for civil protection, told Sky TG24, noting that weather systems in

Italy have become more tropical in nature. The dead in Tuscany included an 85-year-old man found in the flooded ground floor of his home near the city of Prato, north of Florence, and an 84-woman who died while trying to remove water from her home in the same area, according to Italian news agency ANSA. The other victims were a couple who had been missing near the town of Vinci and a person in Livorno province. Italian newspaper Corriere della Sera said Friday evening that the wife of the man whose body was found earlier in

the town near Prato also perished. At least two people were missing Friday in Tuscany, along with an off-duty firefighter reported missing in the mountains of Veneto, north of Venice. Other regions were on high-alert and authorities warned that the storm was heading toward southern Italy. At least 48,000 utility customers were without electricity, Transport and Infrastructure Minister Matteo Salvini said. High-speed train service between Florence and Milan as well as along smaller rail lines in Tuscany were affected. Ciarán left at least seven

Associated Press

people dead as it swept across Spain, France, Belgium, the Netherlands and Germany on Thursday. The storm devastated homes, caused travel mayhem and cut power to a vast number of people.

As the storm pushed through, it flooded at least four hospitals, including in Pisa and Mugello. Throughout Tuscany, train lines and highways were disrupted and schools were closed. Hundreds of people were unable to get home, including about 150 stranded in Prato after a train line was suspended Thursday night. Around 40,000 people were without electricity on Friday.

The mayor of Prato expressed shock at the force of the flood that devastated the city overnight. By early Friday, residents were working to clean the damage. "A blow to the stomach, a pain that brings tears. But even after an evening and night of devastation, we are pulling up our sleeves to clean and bring our city back to normality," Mayor Matteo Biffoni posted on social media. Florence Mayor Dario Nardella told Sky TG24 that the Arno River, which runs through the center of the city, had reached the first level of alert, with the highest levels forecast for midday. Neither he nor the governor expected the river to overrun its banks. □

Investigators are being sent to U.S. research base on Antarctica to look into sexual violence concerns

By NICK PERRY
Associated Press
WELLINGTON, New Zealand (AP) — The watchdog office overseeing the National Science Foundation is sending investigators to Antarctica's McMurdo Station after hearing concerns about the prevalence of sexual violence at the U.S. research base. Meanwhile the NSF, a federal agency, said it's furthering its own efforts to address the "pervasive problem." It announced Friday it is ap-

pointing Renée Ferranti as a special assistant to the NSF director to focus on sexual assault and harassment prevention and response. An Associated Press investigation in August uncovered a pattern of women at McMurdo Station who said their claims of harassment or assault were minimized by their employers, often leading to them or others being put in further danger. Internal communications obtained by the AP indicated the NSF Office of

Inspector General would send investigators for a site visit from Monday through Nov. 17. "We are in the process of expanding our investigative mission to include the investigation of criminal violations that occur in Antarctica," Lisa Vonder Haar, the chief of staff for the OIG, wrote in an email to the AP confirming the visit. "Such violations include aggravated sexual abuse, sexual abuse, abusive sexual contact, and stalking."

Vonder Haar said its special agents have been responding remotely to complaints from workers in Antarctica since July and it plans to have a presence on the ice during future summers. The AP investigation detailed the lack of support many women felt from those running the Antarctic program. One woman felt compelled to carry a hammer with her at all times for protection. Another woman who reported a colleague had groped her



This undated image supplied by the National Science Foundation, shows Renée Ferranti.

Associated Press

was made to work alongside him again. □

Japan and Philippine leaders agree to negotiate defense pact and boost ties amid China's aggression

By JIM GOMEZ and MARI YAMAGUCHI
Associated Press

MANILA, Philippines (AP) — The leaders of Japan and the Philippines agreed Friday to start negotiations for a key defense pact that would allow their troops to enter each other's territory for joint military exercises. The move is part of efforts to strengthen their alliance in the face of China's alarming assertiveness in the region.

Japanese Prime Minister Fumio Kishida, who is on a two-day visit to Manila, also announced after holding talks with President Ferdinand Marcos Jr. that a coastal surveillance radar would be given to the Philippines through a grant. The country is the first beneficiary of a newly launched Japanese security assistance program for allied militaries in the region.

Additional Japanese patrol vessels, defense equipment and radars would be provided to strengthen the Philippines' law enforcement capability at sea, Kishida said. Japan has supplied a dozen patrol ships in recent years to the



Philippine President Ferdinand Marcos Jr., second from right, and Japanese Prime Minister Fumio Kishida, second from left, applaud after the exchange of documents at the Malacanang presidential palace in Manila, Philippines on Friday, Nov. 3, 2023.

Associated Press

Philippines, which are now largely using them to defend its territorial interest in the disputed South China Sea.

Japan has had a long-standing territorial dispute with China over islands in the East China Sea. There has been a series of tense confrontations, meanwhile, between Chinese and Philippine coast guard and

navy ships in the disputed South China Sea.

Two weeks ago, China's ships separately blocked then hit a Philippine coast guard vessel and a supply boat near the disputed Second Thomas Shoal in the South China Sea. Japan immediately expressed its strong support to the Philippines and the United States renewed its warning that

it's obligated to defend its treaty ally if Filipino forces come under an armed attack in the contested waters.

"We shared serious concerns about the situation in the East China Sea and the South China Sea and that attempt to unilaterally change the status quo by force is unacceptable," Kishida said, through

a translator, in a televised news conference with Marcos on Friday night.

Marcos said the proposed defense pact to be negotiated by the Philippines with Japan, called the Reciprocal Access Agreement, would be beneficial "both to our defense and military personnel and to maintaining peace and stability in our region."

On Saturday, Kishida will become the first Japanese premier to address a joint session of the Philippine congress, underlining how the Asian nations' ties have transformed since Japan's brutal occupation of the Philippines in World War II.

He's scheduled to visit a Japanese-funded Manila subway project Saturday and board one of a dozen Japanese-built coast guard patrol ships docked in Manila before leaving for Malaysia.

"We look forward to the address of a leader of a nation that is a robust trading partner, a strong security ally, a lending hand during calamities and an investor in Philippine progress," Senate President Juan Miguel Zubiri said. □



Boats are seen anchored in the Arabian Sea as morning smog envelopes the skyline in Mumbai, India, Thursday, Nov. 2, 2023.

Associated Press

By ASHOK SHARMA and PIYUSH NAGPAL
Associated Press

NEW DELHI (AP) — New Delhi's government shut primary schools and banned polluting vehicles and construction work in an attempt to reduce the worst haze and smog of the sea-

son, which has posed respiratory problems for people and enveloped monuments and high-rise buildings in and around India's capital.

Authorities deployed water sprinklers and anti-smog guns to control the haze and many people used

New Delhi shuts schools and limits construction work to reduce severe air pollution

masks to escape the air pollution. The city government announced a fine of 20,000 rupees (\$240) for drivers found using gasoline and diesel cars, buses and trucks that create smog, typically models 10 to 15 years old.

The air quality index exceeded the 400 mark for tiny particulate matter, a level considered "severe" and more than 10 times the global safety threshold, according to the state-run Central Pollution Control Board. It can cause acute and chronic bronchitis and asthma attacks.

Rajneesh Kapoor, a lung specialist, advised people to wear masks and avoid morning walks and jogging.

"This is a trigger for all types of respiratory infections and flu. It can cause uncontrollable blood pressure and diabetic problems," he said in an interview with the New Delhi Television news channel.

Ritesh Kumar, who was visiting New Delhi from elsewhere in India, said this air was extremely harmful to people like him because he had recently recovered from COVID-19.

"I have been suffering from severe headaches since I landed in New Delhi from Maharashtra state" in western India.

"What message does this polluted Delhi send across the world?" he asked.

On Thursday, authorities banned all construction

and demolition work in and around the city with the exception of essential activity such as metro rail, airport, defense and water pipeline projects.

New Delhi Environment Minister Gopal Rai warned people about the smog situation worsening with Diwali, the Hindu festival of light that features the lighting of firecrackers, coming up on Nov. 12.

New Delhi tops the list almost every year among the many Indian cities with poor air quality, particularly in the winter, when the burning of crop residues in neighboring states coincides with cooler temperatures that trap deadly smoke. □

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How it all began

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As the saying goes: "Behind every successful man, is a strong woman". In the case of Ponson, this was no different. As General Store progressed and slowly became successful, Mrs. Irene Ponson, came in to assist her husband. Irene Ponson is a visionary, she knew exactly where and how to invest and within a short amount of time in 1970, General Store moved to a better location at the Steenweg. This allowed for a lot more merchandize, products and employees. Supply and demand was as such, that General Store became the number 1 electrical business. Business kept going so well that the location at the Steenweg became too small and was moved later to Dakota Shopping Paradise and later to Pedro Gallego Straat. With this move, an expansion was decided upon and an electronics store in Savaneta was opened. General Store still being very successful was ready for more growth.

Ricky, Kenneth, Corine and Frans are the fruits of this marriage. Kenneth and Frans however, decided to further develop their father's legacy and continued with their mother's dream to expand the business. An expansion not in square feet only, but in merchandize as well. A great opportunity presented itself when the Ponson family was able to buy a piece of property across from the airport. In 2007 the Ponson family moved into their brand new and huge building. Ponson's General Store now had an electrical department, as housewares department, a paint department and a hardware department.

After a successful opening and expansion,



Kenneth and Frans who inherited their mother's vision, decided that General Store was ready for yet another expansion. With the support of Mr. Tom Barfell and management of Do it Best in the States, the construction of Do it Center commenced.

Fast forward to today. A Do it Center in Aruba, with more than 50.000 top of the line items for interior as well exterior use, building materials, STO products and a top of the line grocery store. Perseverance, responsibility, vision and the courage to invest have made Ponson's General Store as successful as it is today.

Super Do It Center Shaba & Groceries

Located in Shaba, Noord. This is the last sibling of the Do It Center family. Here you will be able to find anything you are looking for. The building is divided into several departments from home to hardware to groceries. Everything under one roof.

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Aruba to me

ORANJESTAD — You are back and we would like to portrait you! By inviting you to send us your favorite vacation picture while enjoying our Happy Island.

Complete the sentence: Aruba to me is Send your picture with that text (including your name and where you are from) to: news@arubatoday.com and we will publish your vacation memory. Isn't that a special way to keep your best moments alive? Please do note: By submitting photos, text or any other materials, you give permission to The Aruba Today Newspaper, Caribbean Speed Printers and any of

its affiliated companies to use said materials, as well as names, likeness, etc. for promotional purposes without compensation.

Last but not least: check out our website, Instagram and Facebook page! Thank you for supporting our free newspaper, we strive to make you a happy reader every day again. For today we received a lovely message from Susan and Skip Rossen from Germantown, TN, USA.

They wrote to us saying: "Our first visit was in 1996!" Thank you for sending us this wonderful message sharing what Aruba means to you with us and our readers! □



ORANJESTAD — Want to taste something different for a change? How about some Aruban snacks that you can find all around the island? Hop in your car, and go to these locations to find some of the most popular and tasty snacks that are beloved by our locals.

One of the staples of Aruban cuisine and snacks is the Pastechi. Pastechi is a Caribbean fried pastry that is filled with cheese, meat, chicken, veggies and sometimes even fish! Or perhaps you might want to try a croquette, locally called a "kroket," which is a crusty fried snack with typically a

Aruban snacks and where to find them

meat and dough mix filling. The Aruban kroket is based on its Dutch counterpart, the "bitterbal".

These two snacks are typically found in all local snack trucks, which can be found all over the island, including on the side of the main road that stretches from San Nicolas to the Hotel Area. You can also find pastechis and krokets at local bakeries and snack shops, like Bright Bakery in Piedra Plat, Huchada in Santa Cruz or Pastechi House in the city center. These places may also sell other snacks and sandwiches too, perfect for on-the-road lunch break.

While you're at it, why not accompany your snack with a refreshing "batido"?

Batidos are fruit shakes, typically made with added milk for some creaminess. However, you can also ask to hold the milk. Batidos are commonly found in snack shops too. You may find some batido shops next to the flea markets downtown, or if you're on your way to San Nicolas, at Mauchi Smoothies and Juice Bar in Savaneta (located at the side of the main road).

If you are looking for something a bit more fresh and healthy, why not try some coconuts, or shaved ice from local vendors? These vendors carry their little shop at the back of their truck, so they are ever-moving around the island. However, there are a few spots where you can al-

most always find a coconut/shaved ice vendor:

1. Right next to the Red Anchor in San Nicolas, on the way to Baby Beach.
2. Along the main road next to the airport field.
3. At the California Light House.
4. At the Alto Vista Chapel.

These vendors may also sell other delights, like the beloved coconut-based dessert "cocada" or peanuts. All in all, in Aruba, you can always find some place to take a break and have a bite of something local, you maybe just might have to look for them! □

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Aruba to me

ORANJESTAD — You are back and we would like to portrait you! By inviting you to send us your favorite vacation picture while enjoying our Happy Island.

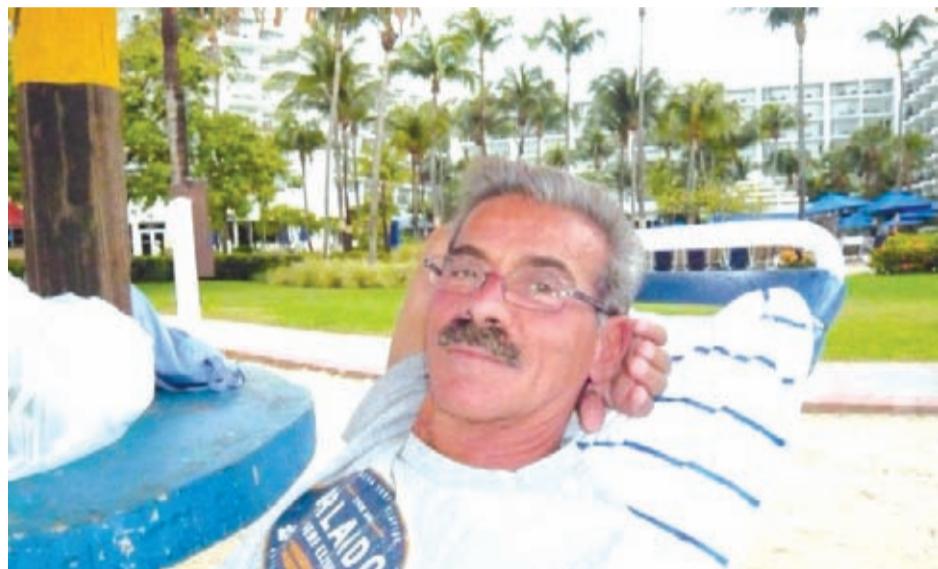
Complete the sentence: Aruba to me is Send your picture with that text (including your name and where you are from) to: news@arubatoday.com and we will publish your vacation memory. Isn't that a special way to keep your best moments alive? Please do note: By submitting photos, text or any other materials, you give permission to The Aruba Today Newspaper, Caribbean Speed Printers and any of

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Last but not least: check out our website, Instagram and Facebook page! Thank you for supporting our free newspaper, we strive to make you a happy reader every day again.

For today we received a lovely message from Dave Campanile from Surfside Beach, South Carolina, USA.

He wrote to us saying: "Aruba to me is friendly people, beautiful



beaches, peace and joy!"
Thank you for sending us this wonderful message sharing what Aru-

ba means to you with us and our readers! □

Lessons from our elders: Plants and fruits for medicinal use



(Oranjestad)—Though western medicine is now widely used for common illnesses and to keep our bodies healthy and happy, it is still very common in every household in Aruba (and around the world) to have staple home remedies that is passed on through generations. Here are some tips that our elders have passed on to us over the years.

Pineapple

Pineapple has more uses than topping it on your Christmas ham. According to elders, the skin of a pineapple is great to use to refresh your body. Clean the skin thoroughly and make tea or warapa* with it.

It is said that this tea can also be drank after an operation on the ovaries or uterus. This gets rid of irritation and inflammation.

When the fruit is unripe and green, this can be used to stimulate menstruation flow in women. This also stimulates the passing kidney stones. When ripe, the fruit can be used for poisoning in the gut and can help treat rheumatic diseases, like arthritis.

However, breastfeeding women who cannot produce much milk are advised not to consume too pineapple, and people with acid reflux are recommended to not consume any pineapple at all.

Arrowroot

Arrowroot is native to tropical America and can be sold as a powder or whole. It is said that you can take arrowroot powder and make a "shalup" (porridge) for stomach pain or when you're feeling weak. You can make it with milk too, but

it is advised to best use just water. You can also add prunes for a bit of sweetness. Arrowroot shalup is also good to treat an unhealthy gut or for diarrhea.

To make arrowroot shalup, boil a bit of water and add one tablespoon of arrowroot powder and stir continuously until you reach porridge consistency. If you make a shalup with milk, add a pinch of salt. Raw arrowroot powder can be used to powder babies.

Eggplant/Aubergine

Eggplants, or aubergines, are easy to find in supermarkets around the world and can be grown all year round on the island. Related to potato and tomato, eggplants are good to calm nerves. It can also be used to lower blood pressure, by steeping its leaves in boiled water and drinking it. You can also make eggplant juice to help purify your blood. However, do make sure to drink slowly; let it mix with your spit and then swallow.



Eggplant kataplan* can also be used to treat skin tumors, abscesses and hemorrhoids. Eggplant kataplan can also be used externally to treat arthritis.

*warapa: term referring to a water and sugar solution, a.k.a simple syrup.

*kataplan: porridge-like mixture used externally for wounds or parts of the body that are painful or swollen! □



Today is going to be a good day

(Oranjestad)—Here's why: Aruba Today collected some things to do BEYOND the beach. Yes, we know. Aruba, located 15 miles north of Venezuela in the warm waters of the southern Caribbean, is home to beautiful white-sand beaches, 82-degree days, and thus ideal for the perfect beach day. But we are also blessed with some of the warmest people in the world and our island is 19.6 miles long and 6 miles across, with a total area of 70 square miles. Bit more to discover than the white stretch on the coastline we say. Let's mention some of these hidden gems.

Nature Calls



The Arikok National park is worth the ride. We love the hikes that are guided by the park's rangers whose job is to maintain trails and protect natural resources. The flora and fauna are beautiful and the historical sites tell you about the island's indigenous roots. The guided tours are even free of charge. If you are not up to walking, you can drive through the park, one way or another this park is a great place to spend an entire day. Cruising through the landscape you end up at some of the most stunning beaches like Dos Playa or Daimara Beach. In Total the park consists of 7907 acres protected nature with a richness of animals living in it. The Aruban whiptail lizard (cododo), Aruban cat eye snake (santanero) and endangered rattle snake (cascabel) are just some of them, you can also admire these close in the park's Visitors' Center. For more information, visit the website www.arubanationalpark.org

Philip's Animal Garden



To stay with the animals, let's hop to an amazing place. Something different to do, an experience that is to be enjoyed by people of all ages. Welcome to Philip's Animal Garden. We are not talking about a zoo here, this is actually a sanctuary for all types of creatures, from horses to peacocks, kangaroos to turtles, mon-

keys, goats, and many, many more different species. The place was founded in 2009 and it is the only organization rescuing and rehabilitating exotic animals in Aruba, which has resulted in an amazing collection of these animals. They provide a suitable living environment for all the rescued animals. Up until now the owner, Philip, has built this shelter with his own efforts; building all the cages from scratch, designing all structures and welding them with his own bare hands. His goal is to upgrade the facilities to a world-class animal shelter with veterinary care and round-the-clock staffs. With the input from the Aruban community and visitors they provide the best care for these animals. Please check out their website for more information: www.philipsanimalgarden.com.

The Lighthouse



No, you would not think of this as a hidden gem. The California Lighthouse is actually one of the most known highlights in Aruba and many repeated guests most probably took the ride uphill already. But, there is a significant change to this tower. Since September 2016 you can climb the top. In 2015 Stichting Monumentenfonds started the restoration of the California Lighthouse. The project finished in September 2016 and the Lighthouse is now open for visitors to enjoy the beautiful view from the top. The construction of the California Lighthouse started in 1915. The name 'California' came from a vessel of the West India Company and Pacific Steamship Co. called 'California' that shipwrecked in the area in 1891. Therefore they came up with the idea of building a lighthouse that could indicate the island's eastern tip to ships with its light. www.arubalighthouse.com will give you more information.

Kayak in the Mangroves



Mangel Halto at Savaneta is definitely a place not to miss out on. The beautiful beach with the natural mangroves is simply a beauty, but if you are into a more active way to enjoy the nature:

take a kayak. While you are doing some work-out -as it might get a little windy and rough-, you will see the island from a different perspective. You can even make a stop to do some snorkeling at the reef. It's fun, it's healthy and for sure something else. There are several companies that offer kayak tours, we had good experience with The Shack Kayak Tours Aruba, find them on Facebook.

Take an "off-road" sightseeing tour



A must-do activity on the island is for sure taking an off-road sightseeing tour. If you have a rented car, you can drive through the north-eastern side of Aruba and explore the natural pools, caves, rock formations and gorgeous view of the Atlantic Ocean. To access most of these sights, like the natural pool (Conchi) and the Guadirikiri and Fontein caves, you must enter through the Arikok National Park and buy a day pass. Then you drive up the rugged road that leads you through the white dunes, caves and along the wind turbines. Other locations, like the Ayo and Casibari Rock formation are situated more in the center of the island, and are free for guests, 24 hours a day.

Go for a shopping spree in the city center



Need a new bathing suit? Head to the city center of Oranjestad, where there is countless of different stores—both high end and more affordable—that can offer you the service you deserve! Local shopping stores often offer a more affordable price, and have a variety of clothes, shoes, bathing suits, purses and more. Along the Royal Plaza strip, there are numerous jewelry stores with great quality jewelry. In the Renaissance mall, you can shop high-end luxury brands, like Dolce & Gabbana, Kate Spade, Louis Vuitton and more.

Around the high-rise hotel area near Palm Beach, the Paseo Herencia Mall contain a variety of shopping stores, restaurants, small food stands and even a movie theater! □

Fruit Loose & Veggie Boost: Aruban fruits and vegetables

Fresh fruits make a tropical holiday's picture complete. Whether you see the mangoes hanging in the trees or the fresh fruit cocktail on the side table of your pool bed, the link is there: you are in the tropics. Aruba grows her own fruits and veggies and there are some pretty out-of-space local species you may never had heard of, but really healthy and delicious.

Mispel

This is a fruit with a character (5-10 cm/2-4 inches). It does not ripe until it is picked or falls off the tree. Mispel is hard with a sandpaper like texture when immature, soft and juicy when ripe. It's technically a berry, but contains a skin similar to that of a kiwi. It's grainy and sweet, with a light, musky flavor. The sap or gum from the tree is also a source of 'chicle' the original ingredient used to make chewing gum. Rich in tannins, antioxidants shown to contain anti-inflammatory compounds, and vitamin C, essential for healthy immune function. Season: year-round.

Kenepa



Ovoid green fruit that grows in bunches on trees up to 30m high. The fruit is related to the lychee and have tight, thin but rigid skins. Inside the skin is the tart, tangy, or sweet pulp of the fruit covering a large seed. The pulp is usually cream or orange colored. Kenepa strengthens the immune system, and prevents the reproduction of bacteria and viruses in the body. This fruit is highly recommended to treat lung infections and urinary tract infections. It also helps to cure insomnia and rejuvenates the nervous system. Season: the fruit typically ripen during the summer.

Druif



There is no chance you did not bump into one of the sea grape trees while spending your vacation on Aruba. The sea grape plant is often used in ocean-side landscaping in sandy soil right on the beach and it produces clusters of

fruit that resemble grapes. Are sea grapes edible? Yes, they are. Animals enjoy sea grapes and humans can eat them as well, and they are used to make jam. They contain very low calories and sugar, enabling good bacterium to digest food and excrete waste quickly which is effective in preventing constipation. Season: Sep-Oct.

Shimarucu



Maybe Aruba's most popular wild fruit tree. You may have noticed cars at the side of the road and people picking those red berries. Well, that's Shimarucu. The local habit to stop for these delicious fruits goes from generation to generation. Its fruit's degree of sour depends on the amount of rain it gets. Red Shimarucus tend to taste better than orange. The fruit has super power: a true vitamin bomb. Adults only need to eat 3-4 of these berries to meet their daily recommended amount of Vitamin C. Season: Rainy months (Oct-Jan).

Tamarind



A delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes. It is a medium-sized bushy tree with evergreen leaves and fruit that develops in pods characterized by long, brown shells. Inside is a sticky, fleshy, juicy pulp, which is the Tamarind fruit. Both sweet and sour in taste, the fruit contains a significant level of vitamin C, as well as vitamin E, B vitamins, calcium, iron, phosphorous, potassium, manganese, and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Season: March.

When it comes to veggies the island certainly offers a home-grown selection. They taste delicious and have their specific talents to boost your immune system. Start the day with a 'batida' (smoothie) enriched with a local veggie touch or select your restaurant that offers local vegetable dishes to get the real pure taste of it.

Comcomber chiquito



This is a sort of local squash, but looks like a cucumber with prickly skin. The taste however is bitterer than the cucumber and the vegetable is smaller in size but bigger in width. Inside is a soft, fleshy pulp and seeds, just like the cucumber. Comcomber chiquito is grown in the island and used in salads and 'stoba' (stew) or on its own in vinegar. The veggie contains multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Additionally this veggie is rich in two of the most basic elements needed for healthy digestion: water and fiber. Season: year-round.

Yambo

Family of Okra, also known as 'lady's fingers': a green flowering plant. Okra belongs to the same plant family as hibiscus and cotton. A classic favorite dish in Aruba is Sopi di yambo. It has long been favored as a food for the health-conscious. It contains potassium, vitamin B, vitamin C, folic acid, and calcium. It's low in calories and has a high dietary fiber content. Recently, a new benefit of including okra in your diet is being considered. Okra has been suggested to help manage blood sugar in cases of type 1, type 2, and gestational diabetes. Season: year-round.

Bonch'i Cunucu

A long, small bean, boiled for a side dish or snack. Long beans have a chewy, crunchy texture—more so than snap beans—and a flavor reminiscent of the dry navy bean or asparagus. Besides stir-fry, soups and salads, the long bean is a good choice for stewing, braising (to remain chewy and firm), sautéing, shallow frying, and deep frying. With cooking, the long bean's bean flavor intensifies. Long beans are low in calories, about 45 calories per cup, and rich in vitamin A and also contain vitamin C and potassium. Season: year-round.

Pampuna

In the endless summer of Caribbean living we only have to concern ourselves with a wet season and a dry season. Still we do indulge heavily in the pleasures of pumpkin and enjoy Caribbean pumpkin recipes year round. A popular dish in Aruban restaurants is Sopa Di Pompuna, don't miss it. This dish is made of pumpkin soup, and parsley. Pumpkins are rich in flavonoid polyphenolic antioxidants such as xanthin, lutein and carotenes and also contain vitamins. Pumpkin seeds are a good source of omega-3 fatty acids, vitamins, minerals and proteins. Pumpkins are used to make desserts, breads and soups. □

CROSSWORD

By THOMAS JOSEPH

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7 "Troy" star 40 Casual

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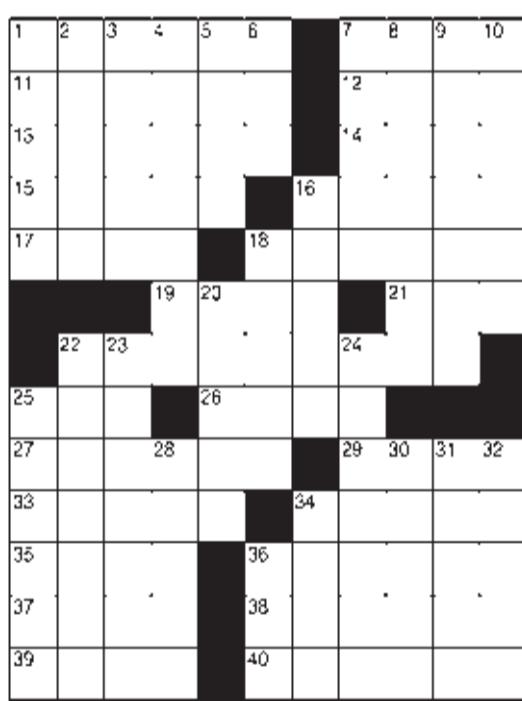
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**Yesterday's answer**

11-4

A X Y D L B A A X R
is L O N G F E L L O W

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

11-4

CRYPTOQUOTE

U V J K Y G O Q V O Y Q V Y Q Z O Y B

V E U V J B B S E U J T Y D U A V S U

F D V H R Q K Y Q — F Y U

Q K V Z T R V D

Yesterday's Cryptoquote: A PERSON IS ALWAYS STARTLED WHEN HE HEARS HIMSELF SERIOUSLY CALLED AN OLD MAN FOR THE FIRST TIME. — OLIVER WENDELL HOLMES, SR.

Poll shows most U.S. adults think AI will add to election misinformation in 2024

By ALI SWENSON and

MATT O'BRIEN

Associated Press

NEW YORK (AP)—The warnings have grown louder and more urgent as 2024 approaches: The rapid advance of artificial intelligence tools threatens to amplify misinformation in next year's presidential election at a scale never seen before.

Most adults in the U.S. feel the same way, according to a new poll from The Associated Press-NORC Center for Public Affairs Research and the University of Chicago Harris School of Public Policy.

The poll found that nearly 6 in 10 adults (58%) think AI tools — which can micro-target political audiences, mass produce persuasive messages, and generate realistic fake images and videos in seconds — will increase the spread of false and misleading information during next year's elections. By comparison, 6% think AI will decrease the spread of misinformation while one-third say it won't make much of a difference.

"Look what happened in 2020 — and that was just social media," said 66-year-old Rosa Rangel of Fort Worth, Texas.

Rangel, a Democrat who said she had seen a lot of "lies" on social media in 2020, said she thinks AI will make things even worse in 2024 — like a pot "brewing over."

Just 30% of American adults have used AI chatbots or image generators and fewer than half (46%) have heard or read at least some about AI tools. Still, there's a broad consensus that candidates shouldn't be using AI.

When asked whether it

would be a good or bad thing for 2024 presidential candidates to use AI in certain ways, clear majorities said it would be bad for them to create false or misleading media for political ads (83%), to edit or touch-up photos or videos for political ads (66%), to tailor political ads to individual voters (62%) and to answer voters' questions via chatbot (56%).

The sentiments are supported by majorities of Republicans and Democrats, who agree it would be a bad thing for the presidential candidates to create false images or videos (85% of Republicans and 90% of Democrats) or to answer voter questions (56% of Republicans and 63% of Democrats).

The bipartisan pessimism toward candidates using AI comes after it already has been deployed in the Republican presidential primary.

In April, the Republican National Committee released an entirely AI-generated ad meant to show the future of the country if President Joe Biden is reelected. It used fake but realistic-looking photos showing boarded-up storefronts, armored military patrols in the streets and waves of immigrants creating panic. The ad disclosed in small lettering that it was generated by AI.

Ron DeSantis, the Republican governor of Florida, also used AI in his campaign for the GOP nomination.

He promoted an ad that used AI-generated images to make it look as if former President Donald Trump was hugging Dr. Anthony Fauci, an infectious disease specialist who oversaw the nation's response to the COVID-19 pandemic.

Never Back Down, a super PAC supporting DeSantis, used an AI voice-cloning tool to imitate Trump's voice, making it seem like he narrated a social media post.

"I think they should be campaigning on their merits, not their ability to strike fear into the hearts of voters," said Andie Near, a 42-year-old from Holland, Michigan, who typically votes for Democrats.

She has used AI tools to retouch images in her work at a museum, but she said she thinks politicians using the technology to mislead can "deepen and worsen the effect that even conventional attack ads can cause."

College student Thomas Besgen, a Republican, also disagrees with campaigns using deepfake sounds or imagery to make it seem as if a candidate said something they never said.

"Morally, that's wrong," the 21-year-old from Connecticut said.

Besgen, a mechanical engineering major at the University of Dayton in Ohio, said he is in favor of banning deepfake ads or, if that's not possible, requiring them to be labeled as AI-generated.

The Federal Election Commission is currently considering a petition urging it to regulate AI-generated deepfakes in political ads ahead of the 2024 election. While skeptical of AI's use in politics, Besgen said he is enthusiastic about its potential for the economy and society.

He is an active user of AI tools such as ChatGPT to help explain history topics he's interested in or to brainstorm ideas. He also uses image-generators for fun — for example, to imagine what sports stadiums might look like in 100 years.

He said he typically trusts the information he gets from ChatGPT and will likely use it to learn more about the presidential candidates, something that just 5% of adults say they are likely to do. □

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Missy Elliott, Willie Nelson, Sheryl Crow and Chaka Khan ready for Rock & Roll Hall of Fame



This combination of photos shows Missy Elliott, from left, George Michael and Willie Nelson, who will be inducted into the Rock & Roll Hall of Fame on Friday.

By MARK KENNEDY

AP Entertainment Writer

NEW YORK (AP) — Fans of hip-hop, country, pop, funk, R&B and rock all have reason to cheer the 2023 class entering the Rock & Roll Hall of Fame.

Missy Elliott, Kate Bush, Willie Nelson, Sheryl Crow, Chaka Khan, "Soul Train" creator Don Cornelius and the late George Michael will be inducted into the hall on Friday night in New York. The ceremony is also streaming live for the first time on Disney+. Also entering the hall are The Spinners, Rage Against the Machine, DJ Kool Herc, Link Wray, Al Kooper and Elton John's longtime co-songwriter Bernie Taupin.

The ceremony in Brooklyn will feature either as presenters or performers John, Brandi Carlile, Dave Matthews, H.E.R., Chris Stapleton, St. Vincent, New Edition, Stevie Nicks, Adam Levine, Carrie Underwood, Common, Ice-T, LL Cool J, Miguel, Queen Latifah and Sia. There's even money that John will sing some of the songs he wrote with Taupin.

Elliott becomes the first female hip-hop artist in the rock hall, which called her "a true pathbreaker in a male-dominated genre." Taupin makes it into the rock hall 29 years after his writing partner.

The ceremony's strong representation of women this year comes not long after the hall removed Rolling Stone co-founder Jann Wenner from its board of directors. Wenner, who also co-founded the

hall, had said that Black and female musicians "didn't articulate at the level" of the white musicians featured in his new book of interviews. He later apologized.

Artists must have released their first commercial recording at least 25 years before they're eligible for induction. Nominees were voted on by more than 1,000 artists, historians and music industry professionals.

Bush was a nominee last year but didn't make the final cut. She got in this year due to a new wave in popularity after the show "Stranger Things" featured her song "Running Up That Hill (A Deal with God)." The hall hailed her for "using lush soundscapes, radical experimentation, literary themes, sampling, and theatricality to captivate audiences and inspire countless

musicians."

Bush comes into the ceremony having broken three Guinness World Records, including becoming the oldest woman to reach No. 1 and the longest gap between No. 1s on the UK's singles chart. Michael, first as a member of Wham! and then as a solo artist, was cited for "paving the way for a generation of proud LGBTQIA+ artists, from Sam Smith to Lil Nas X to Troye Sivan" and the 90-year-old Nelson was simply described as "an American institution."

Crow was recognized for key songs in the 1990s musical canon like "All I Wanna Do" and "Every Day Is a Winding Road," while Rage Against the Machine "forged brazen protest music for the modern world."

The hall called DJ Kool Herc "a founding father of hip-

Associated Press

hop music" who "helped create the blueprint for hip-hop." And Chaka Khan was described as "one of the mightiest and most influential voices in music" a "streetwise but sensual hip-hop-soul diva," who paved the way for women like Mary J. Blige, Erykah Badu and Janelle Monáe.

The Spinners became a hit-making machine with four No. 1 R&B hits in less than 18 months, including "I'll Be Around" and "Could It Be I'm Falling in Love." Rock guitarist Wray was said to be ahead of his time, influencing Jeff Beck, Jimmy Page, Eric Clapton, Jimi Hendrix and Bruce Springsteen.

Cornelius, who died in 2012, was celebrated for creating a nationally televised platform for African American music and culture. He "became a visionary entrepreneur who opened the door — and held it open — for many others to follow him through." □



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Stellar women's field takes aim at New York City Marathon record on Sunday

By DOUG FEINBERG

AP Sports Writer

NEW YORK (AP) — The New York City Marathon women's record, which has stood for 20 years, could go down Sunday with one of the strongest fields assembled in the history of the race.

Reigning champion Sharon Lokedi looks to defend her title against a stellar group of female runners that includes Boston Marathon champion Hellen Obiri, Olympic gold medalist and 2021 New York champion Peres Jepchirchir and former marathon world-record holder Brigid Kosgei. "It was very life-changing," Lokedi said of winning last year. "Very excited to be back here again."

She'll have some added support from her mother, who flew to New York from Kenya and will be waiting at the finish line in Central Park. All will be aiming for the \$50,000 bonus if they can beat the NYC event record of 2:22:31 set by Margaret Okoyo in 2003. Obiri won the Boston Marathon in April, lowering her personal best to 2:21:38.

"The field will be very strong when I'm together with them," Kosgei said.

Lokedi won in her marathon debut last year, taking the New York laurel wreath crown in 2:23:23. She pulled



Sharon Lokedi, of Kenya, crosses the finish line first in the women's division of the New York City Marathon, Sunday, Nov. 6, 2022, in New York.

away in the final two miles of the race, winning in unseasonably warm temperatures in the 70s. It was one of the hottest days in race history since the marathon was moved to November in 1986.

The temperatures on Sunday are expected in the high 50s, considerably better for the 50,000 runners expected to start the race. "I'm happy it will be cooler," Lokedi said.

The four Kenyans all have a chance to win the race. There likely won't be many American runners in con-

tention because the U.S. Olympic marathon trials are three months away. Kellyn Taylor and Molly Huddle are the top U.S. runners in the race, returning after giving birth to daughters in 2022. Huddle finished third at the 2016 NYC Marathon in her debut at the distance. "We've got a really strong group," Taylor said. "When I look at the people seeded ahead of me, I'm like 'holy moly.' Their accolades are light years ahead of mine. But that's the beauty of New York is that you can

put all of that aside and anything can happen on that day."

The current women's world record is 2:11:53, set by Tigist Assefa of Ethiopia at the Berlin Marathon in September.

While the men's field may not have the star power of the women's side, there's still a lot of intrigue. Defending champion Evans Chebet and two-time winner Geoffrey Kamworor pulled out of the race a few weeks ago, leaving it more wide open.

World Championship med-

Associated Press

alists Maru Teferi of Israel and Mosinet Geremew of Ethiopia could win the race, along with 2021 New York Marathon champion Albert Korir. There's also marathon newcomer Edward Cheserek, who moved to the U.S. in 2010 and won 17 NCAA titles in his college career. Ethiopia's Tamirat Tola also hopes to improve on his consecutive fourth-place finishes in 2018-19. He placed third in the 2022 Toyko Marathon and the London Marathon this year. He's seeking his first major marathon victory.

TICKET TO PARIS

The New York City Marathon serves as the U.S. Paralympic Trials, with up to four wheelchair racers set to become the first athletes across all sports to make the team for the 2024 Paris Games.

The top two Americans in the men's and women's NYC Marathon will qualify, provided they also record a minimum qualifying time since last October and are ranked high enough.

Susannah Scaroni has already posted that time and ranking.

"It would mean a lot. So much gratitude," she said. "Would love to make the team in one of those two slots Sunday. It would be incredible to know I'm going to the Paralympics."



Miami Marlins' Jesus Sanchez plays during Game 2 in an NL wild-card baseball playoff series, Wednesday, Oct. 4, 2023, in Philadelphia.

Associated Press

By RONALD BLUM
AP Baseball Writer

NEW YORK (AP) — Miami outfielder Jesus Sanchez, New

York Yankees reliever Albert Abreu and Detroit outfielder Akil Baddoo were the last of 24 players who made the

Jesús Sánchez, Albert Abreu and Akil Baddoo make MLB Super 2 arbitration cutoff

cutoff for salary arbitration, which was set at 2 years, 118 days of major league service, down from 2 years, 128 days last offseason. Sánchez and Abreu were at the cutoff and Baddoo has 2 years, 119 days.

Because he is eligible for arbitration, Sánchez likely will get a salary in the \$2 million range rather than about \$800,000. Just missing the cutoff were Baltimore right-hander Dean Kremer, Milwaukee catcher William Contreras, Seattle left-hander Taylor Saucedo and Detroit right-hander

Alex Lange, all at 2 years, 112 days.

Sánchez hit .253 with 14 homers and 52 RBIs this year. Abreu was 2-2 with a 4.73 ERA in 45 relief appearances, and Baddoo hit .218 with 11 homers and 34 RBIs.

New York Mets outfielder DJ Stewart had the most service time in the so-called Super-2 class at 2 years, 168 days, just four days shy of three years of major league service.

Tampa Bay left-hander Shane McClanahan is eligible at 2 years, 158 days. He will miss most or all of next season fol-

lowing Tommy John surgery on Aug. 21.

Oakland right-hander James Kaprielian would have been eligible at 2 years, 167 days but was sent outright to Triple-A Las Vegas on Oct. 12.

Others in the Super-2 class include Tampa Bay infielder Isaac Paredes and left-hander Josh Fleming, Baltimore outfielder Ryan McKenna and right-hander Tyler Wells, Cleveland left-hander Sam Hentges and right-hander Nick Sandlin, Minnesota first-baseman Alex Kirilloff and utilityman Nick Gordon. □

Sunday's stacked lineup of games could have playoff ramifications for several teams

By ROB MAADDI
AP Pro Football Writer

A stacked lineup of games Sunday could determine plenty come January. The action kicks off at 9:30 a.m. ET with a marquee matchup between the defending Super Bowl champion Chiefs (6-2) and Dolphins (6-2) in the NFL's first game in Frankfurt, Germany.

It's a potential preview of the AFC championship game.

"It's noise. It's like the Super Bowl that way. It's constant noise, not for one team or the other team, and it's normally loud, it's not just a buzz," Chiefs coach Andy Reid said about the atmosphere playing overseas. "You listen to the soccer matches that they have, and it's loud. It's very similar to that. You've got to make sure you're aware of that before you get there. We've done everything, we've had people visit over there to check the fields and the hotels and all those things."

The conference is wide open as the Chiefs, Dolphins, Ravens and Jaguars each have the same record at the season's midpoint. The Bills (5-3) and Bengals (4-3) are also in the mix. They meet Sunday night in Cincinnati so the stakes are high in that playoff rematch.



Kansas City Chiefs quarterback Patrick Mahomes hands a piece of his equipment to a fan after an NFL football game against the Denver Broncos, Sunday, Oct. 29, 2023, in Denver.

Associated Press

The road to the Super Bowl has gone through Kansas City the last five years. The Chiefs have hosted the AFC title game, going 3-2, in each season Patrick Mahomes has been their starting quarterback.

A victory over Tua Tagovailoa, Tyreek Hill and Miami's powerful offense would strengthen the Chiefs' chances of securing the No. 1 seed again, though it's still early. Kansas City has to face the Eagles, Bills and Bengals over the final eight weeks.

Meanwhile, the Dolphins

need a statement victory. They are 0-2 against winning teams and 6-0 against teams with a combined record of 13-33. If they're going to be legitimate contenders in the AFC, the Dolphins have to beat a top opponent. They'll have more opportunities down the stretch with their final three games against Dallas, Baltimore and Buffalo. "Any opportunity for us to play a team that has been to the Super Bowl within the last couple years or the last year and has won it, I think that's always a great chal-

lenge," Tagovailoa said. "For our team to have this opportunity to go against a Pat Mahomes team, it'll be fun and it'll give us a chance to see where we're at going to this bye week as a team."

The top matchup at 1 p.m. features the AFC North-leading Ravens hosting the NFC West-leading Seattle Seahawks (5-2). Lamar Jackson is 17-1 against NFC teams as a starter and Baltimore's defense has cranked it up this season. Geno Smith and the Seahawks have surged

past the 49ers, who've lost three in a row. They've got a tough challenge against Roquan Smith and the league's No. 2 ranked defense. "This is as difficult and challenging as it gets," Seahawks coach Pete Carroll said. "The speed behind the good play they get from up front and the guys on the back end; they have an excellent secondary. They do their part to add to it all." At 4:25 p.m., the Cowboys (5-2) take on the Eagles (7-1) in an NFC East battle. If Dak Prescott, Micah Parsons and Co. are going to have a shot at dethroning the reigning NFC champs, they need to come to Philadelphia, silence the crowd and play their best football.

The Eagles begin a stretch of six straight games against teams with a winning record so Dallas has a chance to make its move. A boisterous Philly crowd will do whatever it takes to make them uncomfortable.

"It's Dallas week so we're going to need that," Eagles coach Nick Sirianni said about the hometown fans. "Dallas has to feel that. Dallas has to feel that when they come in here that it means a little bit extra to the people in those seats and it's going to be loud and it's going to be a hostile environment." □

Aryna Sabalenka finishes off rain-interrupted win over Elena Rybakina at the WTA Finals

CANCUN, Mexico (AP) — Top-ranked Aryna Sabalenka reached the semifinals for the second consecutive year at the WTA Finals, holding on to defeat Elena Rybakina 6-2, 3-6, 6-3 on Friday in a round-robin match that was repeatedly interrupted by rain the night before until being suspended late in the second set.

Play was halted Thursday night with Rybakina about to try to force a third set by serving for the second at 5-3. When they resumed,

she did just that. But Sabalenka came through in the decider — although not without a bit of tension in the last game: She needed to save five break points, and then required four match points to end it. This was a rematch of the Australian Open final in January, also won by Sabalenka.

Sabalenka went 2-1 in round-robin play at the season-ending championship and advanced as the second-place finisher in

her group. Jessica Pegula, who beat Maria Sakkari on Thursday to go 3-0, finished atop their group.

Rybalkina was eliminated with Friday's loss.

There were a half-dozen rain delays during Thursday's stop-start-stop action. The two semifinalists from the other singles group were scheduled for later Friday, with U.S. Open champion Coco Gauff taking on Wimbledon champion Marketa Vondrousova, and four-time major champ Iga



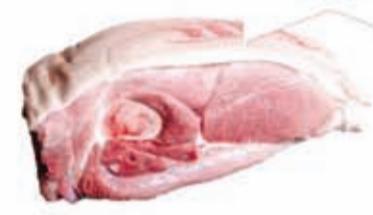
Aryna Sabalenka, of Belarus, reacts as it begins to rain during a women's singles match against Elena Rybakina, of Kazakhstan, at the WTA Finals tennis championships, in Cancun, Mexico, Thursday, Nov. 2, 2023.

Associated Press

Swiatek meeting three-time Slam runner-up Ons Jabeur. □

Weekly SPECIALS



 <p>WAS \$10.83 \$8.54 Per KG</p> <p>Grapes Red Globe Seeded</p>	 <p>WAS \$14.85 \$11.42 Per KG</p> <p>Minuut Steak</p>	 <p>WAS \$3.40 \$2.28 Per BAG</p> <p>Onions Yellow Medium 3lbs</p>	 <p>WAS \$6.28 \$4.57 Per KG</p> <p>U.S. Pork Shoulder Bone In</p>
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 <p>WAS \$8.85 \$6.57 Per KG</p> <p>Half on Half/ Ground Beef/Pork</p>	 <p>WAS \$5.11 \$4.28 Per KG</p> <p>Lettuce Leaf Romaine</p>	 <p>WAS \$7.14 \$6.57 Each</p> <p>Cauliflower Wrapped</p>	 <p>WAS \$9.42 \$8.85 Per BAG</p> <p>Halos Clementines 3lb</p>	 <p>WAS \$3.26 \$2.45 Each</p> <p>Pistolet Wit 6pk</p>
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DIARY/FROZEN	HBC/GM	DELI/BAKERY
 <p>WAS \$5.11 \$3.88 Each</p> <p>Melkan Gouda Jong 48- 190gr</p>	 <p>WAS \$7.42 \$6.28 Each</p> <p>Mrs. Meyers Liquid Hand Soap Basil 12.5 oz</p>	 <p>WAS \$1.42 \$1.14 100 GR</p> <p>American Yellow Cheese</p>
 <p>WAS \$3.57 \$3.02 Each</p> <p>MonChou Verse Kaas 100gr</p>	 <p>WAS \$7.42 \$3.31 Each</p> <p>TLD Natural Hand Towel 150U</p>	 <p>WAS \$1.57 \$1.08 100 GR</p> <p>Schouderham Smoked</p>

DRY FOOD					
 <p>WAS \$3.88 \$3.88 Each</p> <p>Frescampo Green Pea 1000G</p>	 <p>WAS \$2.28 \$2.05 Each</p> <p>Hak Zwartebonen pak 225gr Stazok</p>	 <p>WAS \$2.39 \$2.22 Each</p> <p>Goodberry Luncheon Meat Chicken 340gr</p>	 <p>WAS \$5.36 \$4.85 Each</p> <p>Sunny D 10pk Tangy Pouches</p>	 <p>WAS \$6.34 \$5.48 Each</p> <p>Pupperoni Original Beef 5.6oz</p>	

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